

# Safety On The Road

## Night Driving Is Risky Business

Driving at night increases your chances of accidents. Reduced visibility, driver fatigue and substance abuse all add up to hazardous situations on the road.

You and other drivers are more likely to be tired at night. People are naturally more drowsy after dark which is the usual time to sleep. Drowsiness cuts concentration, reduces reaction time and reduces your ability to see.

Alcohol consumption increases after dark. If you are driving late at night, you can assume a sizable percentage of drivers you encounter could be impaired. Drive defensively.

Drivers hit obstacles they never would in the daytime. Even illuminated objects are difficult to distinguish, leading to deadly errors in judgment.

It can be difficult or impossible to see a pedestrian at night. Pedestrian accidents are, unfortunately, common at night.

Under-ride collisions usually occur at night, when the hood of one vehicle slides under the bed of a larger vehicle such as a transport

trailer at an intersection, a truck parked beside the road or a boxcar at a rail crossing.

### **Here are some ways to increase your safety when driving at night:**

- Reduce your speed. Adjust your speed according to changes in visibility, traffic volume and road conditions.
- Increase your following distance and the space between you and all vehicles. Leave extra room for stopping and for avoiding other drivers who are drinking, fatigued or otherwise driving in a hazardous manner.
- Do not overdrive your lights. Do not become overly-confident about your ability to stop in time after you see a hazard. You should be able to stop inside the illuminated area. Slow down on hills or curves, where your lights shine on the roadside instead of the road ahead.
- Pull into traffic more carefully.
- Use extra caution in passing.
- Signal well ahead of turns or lane changes. Do all you can to help other drivers understand your

intentions. Flash your headlights if you plan to pass. Activate your brake lights to warn of unexpected stops.

- If your vehicle breaks down at night, pull as far off the road as possible. Turn on your hazard lights and interior lights to make your vehicle more noticeable. Place reflective warnings or flares around the vehicle. Get yourself and passengers away from the vehicle if there is a possibility of a collision.
- Stop every hour or so to stretch and have a beverage or snack.
- If you are too tired to drive safely, don't try. Pull over and sleep.
- Maintain your vehicle for safe night driving. Lights and signals should be working right and the battery should be operating effectively.

*Night driving is difficult because it doesn't come naturally. It is difficult to see well enough to drive safely. Your body thinks it is time to go to sleep. If you must drive at night, slow down and give your full attention to your surroundings.*

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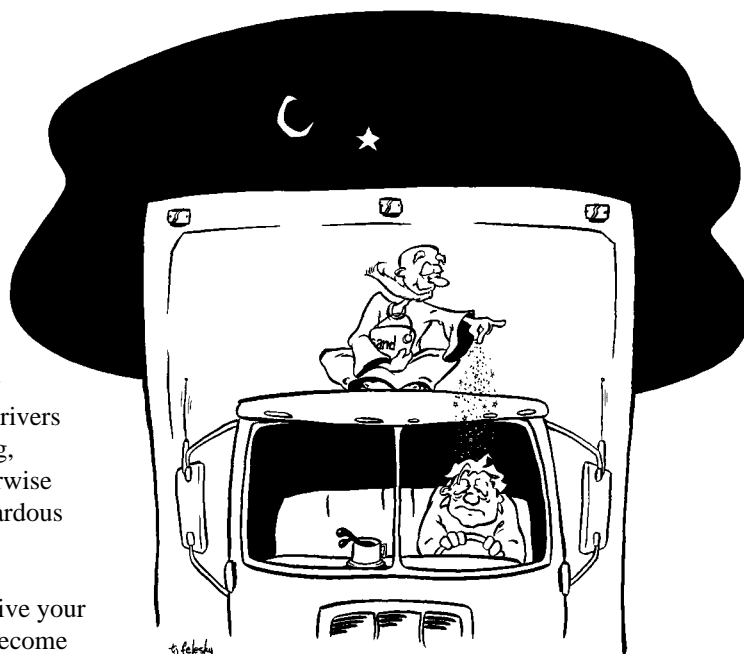
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